



Tools For Action

An inventory of nutrition and physical activity interventions in Wisconsin

Program Name Iowa County Fit Kids

Contact Information

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Agency Affiliation of Contact Iowa County Health Department
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Program Information

Type of Program Coalition
Year Coalition was Formed 2004
Primary program focus Both Physical Activity & Nutrition
Region Southern
County Iowa
Coalition Web Site Address

Program Information

Represented Groups on Coalition Business Health Dept Media Schools UW-EX	Represented Professions on Coalition Business Dietitian Educator Media Nurse Other
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A Wisconsin Nutrition and Physical Activity Program



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Intervention Name

Iowa County Fit Kids - 6 grade pilot program

Intervention Information

Type of Intervention: Physical Activity & Nutrition Event
Focus Area: General Physical Activity & Nutrition Event
Intervention Site or Setting: School
Scope of Intervention: School
Target Audience: All races and genders, Ages 12-19
Total Population in Area Served: 4000
Number of Participants: 105
Implementation Status: 2005 Spring semester

Partners:
Unique Funding:
Evaluation: Units Provided – One-time Impact on Knowledge, Attitude & Behavior, Survey
Evidence-Based or Best Practice based on USDA, UW-Extension

Products Developed or Materials Used:

Logs to record physical activity, beverages and fruits and vegetables; Series of 4 nutrition lessons on serving sizes, beverage choices, fat and sugar content of foods; Series of 4 lessons on body image

Intervention Description:

Every week for 3 months sixth grade students will receive information on physical activity, nutrition, or body image. Teachers have pedometers for students use.